

# HOLIDAY FOOD SAFETY

## *Thaw!*

For large meats, plan one day of thawing time in the refrigerator for each 4-5 lb. of meat. For example, a 16 lb. turkey would require at least four days to thaw under refrigeration.

## *Clean!*

Wash surfaces, not meats! After handling raw animal products, wash, rinse, and sanitize cutting boards, sinks and surfaces that touched the meat. One teaspoon of bleach, mixed with one gallon of water, is recommended for sanitizing.

## *Wash hands!*

After handling any raw meats or poultry, scrub hands for 20 seconds with warm, soapy water.

## *Temp meats!*

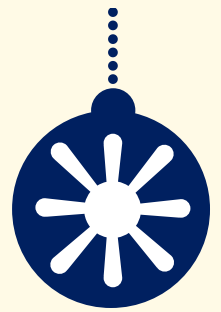
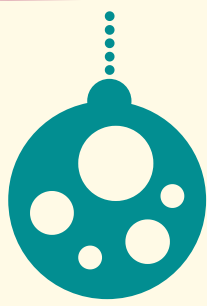
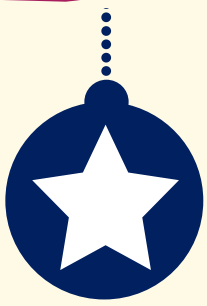
Use the temperature guide on page two to help measure the doneness of meats. Temperatures should be measured with an internal digital thermometer

Anyone who has experienced vomiting or diarrhea within the last 72 hours should not handle food for others.

Refrigerate food within two hours of service to prevent dangerous bacteria from growing on your food.

## *Healthy cooks!*

## *Serve quickly!*



# HOLIDAY FOOD SAFETY

## *Cooking Temperatures*

